

FIT & THRIVE FAZE 2



ZESTFOREVER
PLANT BASED WORLD

Week Five

2



Week Five Shopping List

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DRIED GRAINS AND PULSES – Oats, pumpernickel or rye bread, dried yellow split peas, arrowroot, green lentils, chickpea or buckwheat pasta, sourdough bread (go for wholegrain, spelt or rye if possible), ramen noodles (buckwheat are the highest protein).

DRIED SPICES – Turmeric, curry powder (whatever strength you prefer), cardamom pods, coriander leaf, oregano, basil, thyme, rosemary, ginger, cinnamon, tahini

NUTS AND SEEDS – Walnuts, pecans, desiccated coconut or flakes, sesame seeds, pistachios

CANNED GOODS – 4 x cans of chickpeas, low-fat coconut milk, 4 x chopped tomatoes, 3 x cannellini beans, 1 x butter beans, 1 x borlotti beans, 1 x small tin of sweetcorn, canned coconut milk

FRESH VEGETABLES – Large lettuce or bag of mixed salad leaves, cherry tomatoes, 2 x avocados, 2 x lemon, 4 x white onions, bag of carrots, 5 x large, white potatoes, celery, 4 x bulbs of garlic, 2 x large, sweet potatoes, bunch of radishes, fresh parsley (not needed until day 6), romaine lettuce (not needed until day 6), 1 x large, red onion, 1 x cucumber, 2 x red bell pepper, 1 x yellow bell pepper, small piece of fresh ginger, 2 x medium courgettes (zucchini), bunch of spring onions, green cabbage, 1 x bag of beansprouts (not needed until day 4), 1 x green cabbage, 1 x tomato, baby spinach (not needed until days 6 and 7), fresh ginger.

FRESH FRUIT – Punnet of strawberries, 1 x bunch of bananas, 1 x pineapple

FROZEN GOODS – Green peas, bag of blueberries.

MISCELLANEOUS – Coconut oil, nut butter, maple syrup, 100g bar of dark chocolate (85% cacao), tahini, small tub of olives, apple cider vinegar, balsamic vinegar, vegetable stock cubes or bouillon powder, tamari sauce, coconut or brown sugar, tube of tomato paste, vegan cheese (optional).), 1 x block of firm smoked tofu, wholewheat/corn/lentil or sweet potato wraps., 2 x crusty rolls, plant milk

Things To Prep

Serves 8

Chocolate and Peanut Butter Flapjack

For The Cake

- 2 x cups of oats
- 1 x cup of sugar free peanut butter, smooth or crunchy
- 1/4 cup of maple syrup
- 1/4 cup of plant milk
- 100g bar of 85% cacao chocolate for drizzling

Method

1. Heat oven to 180C (350F).
2. Mix all your ingredients in a mixing bowl and gently combine.
3. Press into a roughly 8 inch square tin lined with tin foil.
4. Bake for about 20 minutes, or until golden.
5. In the meantime (or after your flapjacks have cooled completely is better), melt your chocolate either in a microwave gently, or over a bain-marie.
6. Let your flapjacks cool completely before drizzling over the chocolate, then cut into 8 and store in an airtight container. I like to refrigerate mine.

Breakfast

Chocolate and Peanut Butter Flapjack

Lunch

Loaded Salad

Method

1. Toss together a large mixed salad, tomatoes, half a can of chickpeas, olives, chopped avocado. Dressing of lemon, apple cider vinegar and balsamic vinegar.
2. Serve with pumpernickel or rye bread thinly spread with vegan butter (optional).

Dinner

Serves 4

Creamy Vegetable Stew with Green and Split Peas and Crusty Roll

Make enough for tomorrow's lunch)

For The Stew

- 1 cups of frozen green peas
- 2/3 rds of a cup of dried yellow split peas
- 1 x chopped onion
- 3 chopped carrots
- 4 chopped potatoes
- 2 sticks chopped celery
- 1x large tbsp thyme
- 1x large tbsp of rosemary
- 1x large tbsp of oregano
- 1/4 tsp of chili flakes
- 1/2 tsp of smoked paprika
- Good crack of black pepper
- 4 x cloves of fresh garlic minced
- 1/2 cup of low-fat coconut cream from a can (save the rest for tomorrow's smoothie)
- 1 x large tbsp of arrowroot or some other thickening agent
- 3 x cups of vegetable stock
- 1 x extra cup of stock for later in the recipe
- 1 x tsp of coconut or olive oil for frying (optional)
- Crusty roll, rye bread, or wholegrain muffin to serve.

Method

1. Start by cooking your yellow split peas in salted water as per packet instructions.
2. In the meantime, fry your chopped onion in a large non-stick pan for a couple of minutes in the oil or water if desired.
3. Add all your chopped veggies (not the green peas), garlic, pepper and all herbs and fry for a further 5 minutes stirring continuously.
4. Add your stock and bring to the boil, let it simmer for 5 minutes then add your frozen peas.
5. Cover and simmer for about 15 minutes until veg is tender.
6. In the mean-time mix your coconut cream with the arrowroot and add to your vegetables at the end of cooking time, along with your extra stock and cooked yellow split peas.
7. Bring up to temperature and check herbs for flavour. Add more water if you would like it thinner, but to fill you up you want a thick stew consistency.
8. Serve with crusty roll of your choice

Breakfast

Turmeric, Pineapple and Coconut Nice-cream with Chocolate Chips and Nuts

For The Nice-Cream

- 2 x thick rings (cut into chunks) of fresh pineapple pre-frozen
- 1 x teaspoon of turmeric powder
- 1 x sliced and pre-frozen ripe banana
- 1/4 tin of low-fat coconut cream and maybe a little water to desired consistency
- 2 x squares of 85% cacao chocolate chopped into chips
- A very small handful of chopped nuts (pistachios work well)

Method

1. Blast in your blender all the ingredients except your chocolate and nuts to a thick ice-cream texture. Add your fluids slowly so it doesn't end up too runny.
2. Top with your nuts and seeds and eat immediately (this does not re-freeze well).

Lunch

Last night's left over soup with sourdough bread or toast.

Dinner

Serves 4

Chana Masala

Make enough chana masala for tomorrow's lunch

For The Masala

- 1 x white onion
- 2 x cans of chickpeas, drained
- 1 x can of chopped tomatoes
- 1 x red bell pepper
- 4-5 cloves of crushed garlic
- 1inch of grated ginger
- 1 x tbsp of curry powder (or garam masala)
- About 10 crushed cardamom pods
- Salt and pepper
- 1 x tsp turmeric powder
- 1 x tsp of dried coriander leaf
- 1 x sliced chili pepper or flakes
- 2 x tsp of brown or coconut sugar
- Fresh coriander (optional)
- Brown rice and steamed broccoli for serving

Method

1. Fry 1 sliced onion and 1 chopped red bell pepper in a little oil until softened.
2. Add crushed garlic, sliced chili pepper, grated ginger and fry a little more. You can add water to prevent sticking if you don't want to use too much fat.
3. Add your spices of curry powder (or garam masala), crushed cardamom pods (don't use the pod, just the seeds, crushed), salt, pepper, turmeric powder and dried coriander leaf. Dry fry for 1 minute.
4. Add 1 x can of chopped tomatoes, 2 x cans of drained chickpeas, and about 2 x tsp of brown or coconut sugar (you will need to taste it to get this part right).
5. Simmer for a further 10 minutes, covered.
6. Add fresh coriander right before serving if using, and serve with brown rice and lots of steamed broccoli.

Week Five Day Three

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Breakfast

High Protein Peanut Butter Flapjack

Lunch

Left over Chana Masala and Jacket Potato

Dinner

serves 4

***Hearty Minestone soup with crusty
whole grain roll or sourdough***

Save enough for Friday's lunch



For The Soup

- 1 x carrot chopped into cubes
- 1 x courgette chopped into cubes
- 8 x cloves of crushed garlic
- Bunch of spring onions (or one normal onion)
- 1 x yellow bell pepper cut into cubes
- 1 x red bell pepper cut into cubes
- 2 x 400g cans of chopped tinned tomatoes
- 1 x cup of halved cherry tomatoes
- 2 x 400g cans of cannellini beans
- 2 x cups of high protein pasta such as buckwheat, lentil or chickpea
- 6-8 cups of vegetable stock (or enough to cover ingredients, you may have to add a little more as you go)
- 1 x tbsp of tomato puree
- 2 x tsp of oregano
- 1 x tsp of basil
- 2 x tsp of thyme
- Chili flakes to taste
- Ground black pepper to taste
- Olive oil for cooking

Method

1. Make sure you use a BIG non-stick pot for this! Drizzle 1-2 tbsp of olive oil in your pot (or a little water or stock if you are oil-free) and heat.
2. Add your carrots, onion and garlic and let them soften for a couple of minutes.
3. Chop your cherry tomatoes in the meantime and add them when ready.
4. Add all herbs and pepper and fry for a further minute.
5. Put the kettle on and get your stock ready to go.
6. Add your tinned tomatoes, tomato puree and cannellini beans.
7. Now add your stock and pasta and let your pasta almost cook before you add your chopped peppers and courgette (you only want these cooking for about 3 minutes to keep them al dente).
8. Dish up with extra herbs on top if you like, and serve with warm crusty bread.

Breakfast

Serves 1

Raw Strawberry Crumble

For The Crumble

- 1 x small punnet of strawberries (you can add or use blueberries/ raspberries too)
- 1 x small handful of walnuts or pecans
- 1 x tablespoon of desiccated coconut
- Pinch each of dried ginger and cinnamon
- 1 x teaspoon of maple syrup (optional, depending on how dry your crumble is)

Method

1. Slice your strawberries and lay out on a plate or bowl.
2. Mix all your ingredients in a food processor until crumbles. You want it to be slightly sticking together. If it doesn't clump, add a tiny drizzle of maple syrup.
3. Sprinkle over your strawberries and enjoy!

Lunch

Sourdough, Tortilla Wrap or Granary Sandwich of Sliced Tomato, Cucumber and Avocado.

Salt and pepper, pinch of cayenne to taste.

Dinner

Serves 2

Chinese Take- Away Style Stir-Fry

- 1/2 a large round green cabbage, or on whole small
- 1 x white onion
- 1-2 tsp of coconut oil
- 1 x large carrot
- 1 x courgette
- A couple of handfuls of beansprouts
- 1 x tablespoon of sesame seeds
- Brown rice noodles or buckwheat ramen
- 4 x sliced spring onions
- 5-6 cloves of crushed garlic
- Tamari sauce
- Chili flakes to taste
- 1 x tsp ginger powder
- Black pepper

Method

1. Very thinly slice all of your vegetables.
2. Get your noodles pre-cooked, ready to go.
3. Heat you oil and about 2 x tbsp of tamari in a wok or large frying pan.
4. Add your onion and cabbage and cook down (if you wash your cabbage first then make sure it is'nt soaking wet before you add it to the pan). The idea is you want you cabbage well-cooked, even maybe slightly browned in parts for the taste.
5. Next add all your other veggies (apart from spring onion), spices and garlic and stir-fry, stirring continuously for about 5 minutes. You may need to add a dash of water or more tamari as you don't want it too dry.
6. Add noodles last minute and stir in.
7. Serve with more tamari, sesame seeds and sliced spring onion.

Week Five

Day Five

16

Breakfast

Homemade Granola, topped with chopped fruit and plant milk

Lunch

Leftover Minestrone soup and 1 x slice of bread OR homemade tortilla chips.

Made from a tortilla wrap sliced into triangles and baked until crisp

Dinner

Serves 3-4

Shepherdless Pie and Broccoli

Save enough for tomorrow's lunch

For The Shepherdless Pie

- 1/2 cup of uncooked green lentils, or 1 cup of cooked
- 2 x large sweet potatoes
- 1 x tsp coconut oil
- 1 x white onion
- 3 x cloves of crushed garlic
- 1 x finely grated carrot
- 1 x tsp smoked paprika
- 1 x tsp normal paprika
- Chili flakes to taste
- Cracked black pepper
- 1 x tsp vegetable bouillon powder
- 1 x tbsp tomato puree
- 1 x tin of chopped tomatoes
- 1/2 cup of frozen peas



Method

1. Cook your lentils as per packet instructions.
2. Pre-heat oven to 200C (390F)
3. Chop your sweet potatoes into inch squares and boil in salted water until tender. You can also steam them which may help stop them breaking up, then mash.
4. In the meantime, fry your onion and garlic in a pan with your oil (or water) until tender.
5. Add your grated carrot and cook for a further couple of minutes.
6. Stir in your spices, vegetable bouillon and tomato puree and cook for another 2 minutes.
7. Next add your lentils, tomatoes and peas and cook for 5 minutes on a medium heat.
8. Transfer your mix to an oven proof dish and spread your sweet potato over the top, making lines on it with a fork.
9. Bake for 10-15 minutes until your potato starts to golden, and serve with a big helping of steamed broccoli and other veggies if you prefer.

Breakfast

Tofu Scramble

For the Scramble

- 200g of firm block tofu
- Veggies of choice (spinach, peas, bell peppers, onions, sweetcorn all work well)
- 1/2 tsp of turmeric for egg colour
- Salt and pepper to taste

Method

1. Drain your tofu and place on a chopping board. Mash with a potato masher.
2. Fry in a tiny bit of oil your veggies (except spinach if using) until tender.
3. Add your tofu and spices and cook out for about 5 minutes, stirring continuously.
4. Serve on an optional piece of toast.



Lunch

Last Night's Shepherdess Pie

Dinner

Serves 2

Californian Rainbow Salad with Crispy Potatoes

For The Salad

- 1/2 block of smoked tofu (you can freeze the rest for another occasion)
- 1/2 head of torn Romaine lettuce
- 1 x cup of drained chickpeas
- Handful of sliced radishes
- 1 x shredded carrot
- 1/4 cup of fresh chopped chives
- 1/4 cup of fresh chopped parsley
- 2-3 medium sized, white potatoes
- 1 x tbsp of gluten free or plain flour
- Salt
- 1 x tsp paprika
- 1/2 tsp garlic powder
- 1 x lemon



For The Sauce

For the sauce:

- 1/2 cup of tahini
- A little less than a cup of warm water
- Squeeze of lemon juice
- 1/4 tsp of garlic powder
- Salt and pepper to taste

Method

1. Heat oven to 180C (350f).
2. Peel and chop your potatoes into 1 inch cubes and boil in salted water until almost cooked (but not falling apart).
3. Drain them and put back into your saucepan, then add you flour, salt, paprika and garlic powder (or whatever spices you prefer).
4. Coat your potatoes in your floury mix, if they can take a shaking then this will help ruff up the edges for roasting.
5. Place on a parcment paper lined baking tray and bake for 20-30 minutes until desired crispiness.
6. In the meantime, prepare your salad by layering all your veggies and chickpeas in a large bowl.
7. Make your dressing by whisking all ingredients until creamy in a bowl with whisk or fork. Add the water slowly to desired consistency.
8. Drizzel over you salad and serve with your crispy potatoes on the side.

Breakfast

Blueberry Smoothie Bowl

For The Smoothie

- 1 x cup of frozen blueberries
- 1 x frozen, pre-sliced banana
- 1 x tbsp of dessicated coconut
- 4 x chopped walnut halves
- 1 x tsp of chia seeds
- A little plant milk
- Another chopped fruit of your choice

Method

1. Whizz up your banana, blueberries and plant milk, but keep it really thick.
2. Add to a flat bowl and sprinkle on your topping and fruit.
3. Eat immediately!

Sunday Lunch

Serves 4

Smokey Bean Casserole

Save enough for tomorrow's lunch

For The Casserole

- 2 x 400g cans of borlotti, canellini OR butter beans, drained and rinsed
- 6 -8 smallish potatoes (if new then leave skins on, chopped into 1.5 inch pieces)
- 1 x large red onion, chunkily chopped
- 1.5 x cans of tinned tomatoes
- 16 Chantenay carrots, or baby carrots
- 2 x tsp smoked paprika (hot smoked paprika if you like heat)
- 4 cloves of crushed garlic
- 2 x cups of vegetable stock
- 1 x tbsp of mushroom ketchup (optional)
- 2 x handfuls of baby spinach

Method

1. Add all your ingredients (except the spinach) into either a big saucepan where you can simmer on low heat, covered, OR use an oven dish (cook at 180C/ 350F), OR a slow cooker (slow cooker recommended) and cook until veggies are tender. If you are using a saucepan or oven dish this will take around 1 hr. If using a slow cooker then around 4-5 hours depending on your setting and individual slow cooker.
2. Add your spinach during the last 10 minutes of cooking time. Make sure it has been washed and patted dry with a clean dishcloth, otherwise it may make your stew too watery.
3. Before serving, adjust flavourings, and thicken with cornflour mixed in a little water, or vegan gravy powder (only if it needs it).
4. Serve with optional crusty bread.

Dinner

Vegan Cheese, Avocado and Spinach Toastie

Method

1. Make in a Breville maker, a frying pan, or simply toast your bread in a toaster and add fillings whilst still very hot (use sliced tomato instead of cheese if you like).



Week Six

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Week Six

Shopping List

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DRIED GRAINS – Oats, buckwheat flour, quinoa, cracked wheat, chickpea/lentil/ or buckwheat pasta, brown rice, ramen noodles (preferably buckwheat), granary bread (not needed until day 7).

DRIED FRUITS – Sultanas OR raisins, figs, dates

DRIED SPICES – Paprika, oregano, thyme, basil, chili flakes, cumin, ginger, garlic.

NUTS AND SEEDS – Ground flax (linseed), chia seeds, 100g bag of roasted and salted whole cashew nuts, pumpkin seeds, desiccated coconut.

CANNED GOODS – Mixed beans in water, green lentils, 4 x cans of chopped tomatoes, 1 x can of black beans.

FRESH VEGETABLES – 2 x heads of broccoli (1 for day 6), 6 x white onions, 5 x bulbs or garlic, head of lettuce, 2 x bags of mixed salad leaves (1 for day 5), 1 x cucumber, 3 x red bell peppers 2 x yellow bell peppers, 1 x bunch of spring onions, 2 x red onions, celery, 3 x avocados, 1 x small bag of spinach (not needed until day 5), 2 x sweet potatoes, bunch of tenderstem broccoli, 7 x medium carrots, 1 x courgette (zucchini), fresh basil (not needed until day 5), 1 inch piece of fresh ginger, 3 x portobello mushrooms (not needed until day 7), 5 x medium white potatoes, fresh rosemary – optional (not needed until day 7), fresh parsley (not needed until day 7)

FROZEN GOODS – Blueberries, strawberries, green peas

FRESH FRUIT – Bunch of bananas, cantaloupe melon, 3 x lemons, small punnet of strawberries (not needed until day 5).

MISCELLANEOUS – Sugar-free peanut butter, maple syrup, baking powder, tamari sauce, vegetable stock cubes or bouillon powder, cacao powder, sugar-free nut milk, sprouted pulses from the refrigerator section (if not a can of mixed pulses), balsamic vinegar, tobacco sauce, vegan cheese (optional), nutritional yeast, sachet or jar of miso paste (red or white), 1 x block of unsmoked tofu, tahini, vegan mayonnaise (optional).

Things To Prep

High Protein Breakfast Cookie

For The Cookie

- 1 x tbsp of ground flax
- 1/2 cup of peanut butter
- 1 x large ripe banana, mashed
- 1/2 cup of rolled oats
- 1/2 cup of buckwheat flour
- 2/3 cup of sultanas or raisins
- 1/4 cup of maple syrup
- 1 x tbsp chia seeds (optional)
- 1 x tbsp of cinnamon powder
- 1 x tsp baking powder



Method

1. Pre-heat oven to 190C (375F).
2. Make a flax egg out of 1x tablespoon of flax and 3 x tablespoons of water in a separate bowl and leave to stand for 10 minutes.
3. Once ready, mix in a large bowl your flax egg, peanut butter, 1 x ripe mashed banana and maple syrup.
4. Add rolled oats, buckwheat flour, baking powder, cinnamon, sultanas or raisins, chia seeds (optional) and fold in gently.
I topped mine with buckwheat grouts but you could try uncooked quinoa (optional).
5. Put 8 large blobs of your cookie dough mix onto parchment paper lined baking sheets and squash down into cookie shapes with the back of a spoon.
6. Bake for 15 -18 minutes, or until browning around the edges and golden all over. Makes 8 large cookies.

Breakfast

High Protein Breakfast Cookie and fresh fruit salad of choice

Lunch

Portion of yesterday's Smokey Bean Casserole

Dinner

Serves 3

Broccoli and Roasted Cashew Stir-fry with Quinoa

For The Stir-Fry

- 1 X medium white onion
- 4 x cloves of crushed garlic
- Thumb size piece of ginger, grated
- 1 x large head of broccoli cut into florets
- 1 x cup of roasted cashews (make sure they are roasted and salted if you want this dish to taste as nice as it should)
- 3 x tbsp of tamari sauce
- A little coconut oil for cooking (optional)
- 1/4 cup of water or vegetable broth
- Black cracked pepper
- White quinoa for serving

Method

1. Cook your quinoa as per packet instructions for the amount of portions that you need.
2. While that is cooking, thinly slice your onion and saute in a non-stick pan with your oil or a little water for about 8 minutes.
3. Whilst doing this mince your garlic, finely grate your ginger and cut your broccoli.
4. When your onion is almost cooked, add garlic, ginger, broccoli, a good crack of black pepper and your vegetable broth to the pan.
5. Cover and steam for about 5 minutes until your broccoli is al dente. Stir a few times in between and add more fluid if you need to.
6. Add cashews and tamari. Check taste before you add all your tamari as some brands are saltier than others.
7. Stir well and cook until your broccoli is desired texture.
8. Serve on a bed of quinoa.



Breakfast

Chocolate Peanut Butter Shake

For The Shake

- 1 x frozen, sliced banana
- 1.5 tbsp of cacao powder
- 1.5 tbsp of peanut butter (smooth or crunchy)
- 1 x cup of sugar-free nut milk

Method

1. Blast in your high power blender for about 20 seconds until frothy and drink immediately.

Lunch

Raw Salad Bowl with Melon

Method

1. Mix in a bowl lettuce, cucumber, melon of choice, avocado, broccoli, peppers, chopped dates, raisins, pumpkin seeds, and sprouted pulses (you can use canned mixed pulses too, but sprouted are healthier). You can mix and match your salad items to whatever you have.
2. Dres with oil-free dressing of lemon, balsamic and apple cider vinegar.

Dinner

Serves 2

Chargrilled Veggies and Cracked Wheat

Make enough for tomorrow's lunch

For The Veggies

- 2 x bell peppers, yellow and red
- 4 x spring onion
- 1/2 red and 1/2 white onion
- Bunch of tenderstem broccoli
- Salt
- Pepper
- Chili flakes
- Lemon juice
- Tobasco to taste
- 2 x portions of cracked wheat (cook per instructions in veggie stock for extra taste)

Method

1. Get a griddle pan up to high heat (you can use a frying pan, but it probably won't have the same chargill effect).
2. Brush all your veggies with a light coating of melted coconut oil.
3. Add to hot griddle and sprinkle on you salt, pepper and chili flakes. You will probably need to keep adding splashes of water to help with cooking.
4. Meanwhile cook your cracked wheat as per packet instructions. Cook in vegetable stock OR add half a teaspoon of vegetable bouillon after you have drained.
5. Just before you turn the heat of on your veggies, squirt generously with lemon juice.
6. Serve on your bed of cracked wheat and add a splash of tobacco to taste.

Breakfast

Homemade Granola with frozen blueberries and nut milk

Lunch

Last night's Grilled Veggies and Cracked Wheat

This tastes good cold also

Dinner

Serves 4

Lentil Spag Bol

Make enough for tomorrow's lunch

For the Lentil Bol

- 1 x 400g tin of green lentils
- 1 x medium sized chopped onion
- 1 x finely diced large carrot
- 2 x finely chopped sticks of celery
- 4-5 cloves of crushed garlic
- 2 x 400g tins of chopped tomatoes
- 1 x teaspoon each of paprika, oregano, thyme and basil (or fresh)
- Chili flakes (optional)
- Vegetable stock cube or bouillon powder
- 1/2 cup of finely chopped walnuts
- Salt and pepper to taste
- Chickpea, lentil or buckwheat pasta to serve. Green salad.

Method

1. Fry your chopped onion, carrot and celery sticks until soft.
2. Add your oregano, basil, thyme, paprika, chili flakes (optional), and fresh garlic. Fry for 1 more minute.
3. Add 2 x tins of chopped tomatoes, a vegetable stock cube or 1 x tsp of bouillon powder, 1 x tin of green lentils and half a cup of toasted and finely chopped walnuts (don't skip this part as it's the piece de resistance when it comes to texture).
4. Bring to simmer and reduce for 10 minutes. Add some hot water if required!
5. Serve with pasta and vegan cheese (optional), and a big green salad.



Breakfast

High Protein Cookie, 1 x Banana

Lunch

Last night's leftover pasta

Dinner

Serves 2

Easy Black Beans and Rice

Make enough for tomorrow's lunch

For the Beans & Rice

- 1 x white onion
- 1 x 400g can of black beans
- 1 x 400g tin of chopped tomatoes
- 5 x cloves of crushed garlic
- 1/2 tsp of oil (optional)
- 1 x tsp of cumin
- 1 tsp of oregano
- 1/2 tsp ginger
- About 1/2 a cup of veggie stock or bouillon
- Black pepper
- 1 x avocado
- Brown rice to serve
- Chopped red pepper to serve
- Squeeze of lemon juice

Method

1. Cook your chopped onion and garlic in a large frying pan until soft, and use either a tiny bit oil or a little water in the cooking process.
2. Add you herbs and spices and dry fry for 30 seconds to bring out the flavour.
3. Add your black beans, stock and tomatoes and leave to simmer for about 10 minutes. Add more water if you need to; you want a chili type consistency.
4. Serve with brown rice topped with chopped avocado and raw red pepper.
5. Finish with a squeeze of lemon juice.



Breakfast

Spinach, Strawberry and Chia Smoothie

For The Shake

- Big handful of spinach
- 1 x cup of frozen strawberries
- 1 x handful of cashew nuts
- Plant milk to desired consistency
- 1 x tbsp of chia seeds

Method

1. Whizz everything up in a blender until throthy. Add some ice if you like!.

Lunch

Left over Black Beans & Jacket Sweet Potato

Dinner

Serves 2

Stir-Fry Pasta and Vegetables



For The Pasta

- 1 x yellow bell pepper
- 1 x red bell pepper
- 1 x courgette
- 1 x white or red onion
- Buckwheat pasta (enough for 2 portions)
- Coconut oil for frying (or broth)
- 1 x tsp dried oregano
- 1 x tsp paprika
- 1/2 tsp of dried thyme
- 3-4 cloves of garlic, crushed
- Large handful of fresh basil
- 1 x tsp of vegetable bouillon powder
- 1 x tbsp of mushroom ketchup or vegan Worcestershire sauce (optional)
- 1 x 400g can of chopped tin tomatoes
- Vegan parmesan (made from equal amounts of nutritional yeast and sesame seeds, good pinch of ground garlic, crack of salt and pepper, and ground to a powder in spice grinder or pestle and mortar)
- Mixed salad greens

Method

1. Chop all your veggies into bitesize cubes,
2. Get your pasta on to boil as per packet instructions.
3. Fry veggies in your oil or broth in a hot pan (you want to get a chargilled effect on them).
4. After about 5 minutes add all your dried herbs and spices (including vegetable bouillon powder) and dry fry for 1 minute.
5. Add your tinned tomatoes and mushroom sauce. You may need a little hot water to make a saucy texture.
6. Bring to simmer and cover. Simmer for a further 5 minutes or so then add your pre-cooked pasta (use a little of the pasta water to thin out the sauce if you need to)
7. Stir in your fresh basil, and serve immediately with your parmesan and green salad.

Breakfast

Blueberry Beauty Porridge

For The Porridge

- 4 x heaped dessert spoons of porridge oats
- Nut milk to desired consistency
- Large handful of fresh or frozen blueberries
- Half a pre-mashed ripe banana
- 1 X tbsp of raw pumpkin seeds

Method

1. Cook your porridge as per packet instructions.
2. Add your fruit last minute, smashing the blueberries in a bit so it goes a bright purple colour.
3. Serve with pumpkin seeds on top and a little more nutmilk if you prefer.



Lunch

Gut Healing Miso and Garlic Broth

For The Broth

- Whole bulb of garlic
- 1 x dessert spoon Of miso paste
- Handful of spinach
- 2 x spring onions
- 1 x portion of ramen or brown rice noodles
- Chilli flakes to taste
- 1/4 block of chopped tofu
- Tamari sauce
- Ginger powder

Method

1. Chop the stalky part off your garlic bulb to expose just the top part of the garlic (you still want the whole thing to hold together).
2. Wrap the whole thing in foil and roast in a pre-heated oven on 190C (375F) for about 25-30 minutes.
3. Remove from oven, unwrap and allow to cool slightly.
4. Whilst your garlic is cooking chop your tofu into 1/2 inch chunks and dry fry with a little tamari and ginger powder until golden and crispy.
5. Also, prepare you noodles according to packet instructions, and make your soup in a separate pan by adding roughly 300ml of water to your miso paste, bring to boil, add you veggies and squeeze in you garlic straight from the pod (it should squish out easily). Let simmer for 1 min.
6. Add your tofu and chilli flakes to taste, and serve on top of your bed of noodles.

Dinner

Serves 2

Classic Buddha Bowl

For The Buddha

- 1 x large sweet potato
- 1 x portion of quinoa per person
- 4 x dried figs
- 1 x small avocado
- 2 x grated carrots
- 1 x small head of broccoli
- A dash of coconut oil (optional)

For The Sauce

- 1 x inch of ginger
- 2 x cloves of garlic
- 1 x tbsp tamari or soy sauce
- 2 x tbsp balsamic vinegar
- 1 x tbsp of lemon juice
- 2 x tbsp of tahini
- Salt



Method

1. Turn oven on to 180C (350F) and heat your coconut oil up in a roasting pan.
2. Wash your sweet potato and cut into 1 inch chunks leaving skin on. Add to hot pan with some salt and pepper (you can add some other spices if you wish at this point such as smoked paprika, cayenne, cumin, chili flakes). Cook for roughly 25 minutes, or until completely tender.
3. Meanwhile, get your quinoa on to cook as per packet instructions (TIP: quinoa always tastes better if you add some veggie stock or bouillon to the cooking water).
4. In a pestle and mortar smash your garlic and chopped ginger with a little salt into a paste. Add the rest of your sauce ingredients and stir. Adjust flavourings if you need to. If you are not oil-free then you can add a little extra virgin olive oil to make the sauce thinner.
5. Construct your Buddha bowl by putting quinoa in first, then topping with sweet potato and chopped figs (you can add these to your roast potatoes 5 minutes before the end of cooking if you want them to be chewy). Put your sliced avocado, steamed broccoli and grated carrot around the edge, then smother with your sauce.

Breakfast

Banana, Strawberry and Chia Smoothie Bowl

For The Smoothie

- 1 x pre-frozen sliced banana
- 1 x cup of frozen strawberries
- A little plant milk to make a very thick smoothie
- 1 x tbsp of chia seeds
- Handful of fresh or frozen blueberries
- Handful of coconut or almond flakes

Method

1. Whizz in your blender your strawberries, banana and enough nut milk to make a very thick smoothie.
2. Lay into a flat bowl and top with your other ingredients. Eat immediately!



Sunday Lunch

Beefless Stew

For The Stew

- 2 x white onions
- 4 x medium carrots
- 4 x sticks of celery
- 3 x portobella mushrooms
- 8 x cloves of crushed fresh garlic
- 6 x cups of water
- 5 x tennis ball sized potatoes (about 7 cups chopped)
- 3 x tbsp of tomato puree/paste
- 1 x tbsp of thyme
- 1 x tbsp of oregano
- 2 x tbsp of fresh rosemary (or 1 x tbsp dried)
- 1 x tbsp paprika
- 1 and 3/4 cups of frozen peas, thawed (you can run hot water though them to do this)
- 3 x tbsp of fresh chopped parsley
- 2 x tsp of vegetable bouillon powder



Method

1. Cut all your veggies into 1/2 inch sized chunks (you want chunky veg for this dish).
2. Add either 1 x tbsp of olive oil or water to a non-stick pot and heat.
3. Add your onions, carrots and celery and cook for about 8-10 minutes, stirring frequently and adding more hot water as it dries out.
4. Add in mushrooms and finely chopped garlic and cook for a further 5-6 minutes, adding more hot water as required.
5. Add your seasonings and vegetable bouillon and cook dry, stirring continuously for 1 more minute.
6. Add you water, potatoes and tomato paste. Cover and simmer for 20-30 minutes until your potatoes are tender.
7. Add your thawed, frozen peas and cook for 5 more minutes.
8. Add a couple of cups of your stew to a blender and whizz up, then add back to your stew to thicken along with your fresh parsley.
9. Serve with crusty bread.

Dinner

Smokey Tofu Toastie

For The Toastie

- 1/4 block of tofu cut into 1 inch slices
- 1/2 tsp maple syrup
- 1 x tbsp tamari sauce
- Pinch of smoked paprika
- 1/2 tsp of coconut oil
- 2 x slices of granary bread
- 1 x ripe tomato
- Spinach or other green leaves
- Vegan mayo (optional)

Method

1. Heat a frying pan with the oil and fry your tofu until browned (you can do this oil-free in a non-stick pan if you need to).
2. Whilst your tofu is cooking get your bread toasted and mix your tamari, smoked paprika and maple syrup together.
3. Reduce heat and put your tamari mix onto your tofu. Turn and coat and cook for a further minute or so to thicken sauce.
4. Add vegan mayo to your toast on both sides, then top with you tofu, sliced tomatoes, spinach and a pinch of salt and pepper.



Week Seven

Shopping List

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DRIED GRAINS AND PULSES – Sourdough or granary bread, quinoa, oats, brown rice.

DRIED SPICES – Arrowroot OR cornflour, curry powder (choose whichever heat is to your taste), all-spice, nutmeg, oregano, cardamom pods, cardamom leaf, juniper berries, bay leaves.

NUTS AND SEEDS – Small packet of raw cashew nuts, 100g of raw walnuts, chia seeds, desiccated coconut, pumpkin seeds.

CANNED GOODS – 2 x black beans, 4x chickpeas, 5 x chopped tomatoes, 1 x fat-free refried beans, 2 x cannellini beans.

FRESH VEGETABLES – 2 x tomatoes, 2 x each of green and red bell peppers, head of broccoli (not needed until day 7), 1 x cucumber, 1 x bag of baby spinach, 2-3 carrots, celery, 1 x beetroot, 1 x parsnip, 1 x red onion, 1 x swede (OR turnip or small butternut squash), a few mushrooms (not needed until day 6), 1 x small white cabbage, beansprouts (not needed until day 6), spring onions (not needed until day 6), 4 x white onions, fresh coriander, olives, rocket

FRESH FRUIT – 1 x Bramley apple (or use leftover frozen apple sauce if you have it), 1 x avocado, 1 x lemon, bananas, 1 x mango, 1x canteloup melon other fruits of your choice for snacks.

MISCELLANEOUS – Cacao powder, coconut sugar, hummus, wholewheat or corn tortillas (freeze what you don't use), tomato salsa (optional for your Mexican wraps), packet of vegan sausages. 1 x pack of dates (any kind) fresh ginger, soba noodles, vegan cheese.

Things To Prep

Serves 14

NO BAKE CHOCOLATE AND WALNUT ENERGY BARS

For The Muffins

- 1.5 cups of dates (any kind)
- 1/3 of a cup of cacao powder
- 1 x cup of raw walnuts
- 1/2 cup of chia seeds
- 1/2 a cup of desiccated coconut
- 1/2 cup of oats
- 1/2 cup of chopped dark chocolate of 85% cacao
- Vanilla extract (optional)
- Small crack of salt

Method

1. Whizz up your chopped dates and walnuts in a food processor until just starting to clump together.
2. Add the rest of your ingredients and pulse together until the mix is quite sticky. Don't over process!
3. Squish down hard into a medium sized baking tray lined with tin foil or parchment paper, and freeze overnight.
4. Cut into 14 bars and store in an air-tight container in the fridge.

Breakfast

No Bake Chocolate And Walnut Energy Bar

Lunch

Tomato and Avocado Toastie or Sandwich

Method

1. Either toast your bread both sides and add fillings 1/2 a sliced avocado and sliced tomato whilst still hot, or use a Breville maker. Use vegan butter (optional), salt and pepper to taste.



Dinner

Serves 4-5

Chickpea and Potato Curry with Brown Rice

For The Curry

- 1-2 Tablespoons of coconut oil
- 2-3 cloves of garlic
- 1 x large onion
- 2 x 400g cans of chickpeas
- 500ml of vegetable bouillon
- 1.5 cups of white potato cubes (roughly 1/2 inch)
- 1 x 400g can of chopped tomatoes
- 1 x red bell or pointed pepper, chopped
- Salt and pepper to taste
- 2 x tbsp of mild, medium or hot curry power depending on taste
- 1 x tsp of all-spice powder
- 1 x tsp of nutmeg
- 1 1/2 tsp of paprika (any kind)
- 2 x tsp of dried thyme
- 1 1/2 tsp of ground cumin
- Pinch of cayenne to taste
- Good crack of black pepper
- Enough brown rice for the amount of people you're serving



Method

1. Heat your oil in a large skillet or frying pan on a medium heat.
2. Add your chopped onion and garlic and cook slowly until translucent, adding splashes of hot water if needed to prevent sticking.
3. Add all your spices and cook in for a about a minute to activate the flavours. Be sure to stir continuously during this time so it doesn't stick too much.
4. Add your chopped potatoes and stir in to coat them in the spices. You will more than likely need to add a splash more of hot water if it starts to stick.
5. Add your chickpeas, tomatoes and veggie bouillon.
6. Simmer for 15 minutes, or until potatoes are cooked.
7. Add your chopped red pepper about 5 minutes before the end of cooking.
8. Season with salt if you think it needs it. Serve on a bed of brown rice.

Breakfast

Sourdough & Avo

Method

1 X large slice of oil-free wholegrain sourdough bread toasted, topped with 1 teaspoon of tahini paste, 1/2 a smashed avocado, salt and pepper to taste. Piece of fruit of your choice.

Lunch

Loaded Salad

For The Salad

1. Salad of chopped cantaloupe melon, Olives, thinly sliced broccoli, handful of raisins, 1/2 cup of chickpeas, cucumber and lettuce. Dress with apple cider vinegar, lemon juice, balsamic, salt and pepper.

‘serve with pumpernickel bread’



Dinner

Serves 4

Black Bean Soup with Crusty Bread and Avocado

Make enough for tomorrow's lunch

For The Soup

- 1 x large white onion diced
- 2 x medium sized diced carrots
- 1 x diced green bell pepper
- 1 x green or red hot pepper very finely sliced (or to taste)
- 3 x stalks of finely chopped celery
- 3-4 cloves of minced fresh garlic
- 2 tsp each of cumin, oregano and chili powder, 1 tsp of paprika
- 3 - 4 cups of vegetable boullion or broth to desired thickness
- 1 x 400g can of chopped tomatoes or passata sauce
- 1 x 400g can of drained black beans
- 1 x teaspoon of coconut oil (optional)
- Fresh coriander
- Salt and pepper to taste
- 1 x lemon or lime
- 1 x small, crusty roll per person
- 1/4 medium avocado per person



Method

1. Fry the carrot, pepper, onion, garlic and celery either in the oil or vegetable broth until softening.
2. Add all spices and cook in for a minute more to bring out the flavour.
3. Add your tomatoes, black beans and vegetable broth.
4. Bring to a simmer.
5. You can either eat this soup chunky as it is, or take half out and whizz it up in a blender then return to the soup.
6. Stir in the coriander before serving.
7. Serve topped with chopped avocado, extra sliced chili (if desired), a squeeze of lemon juice and more coriander. Have your crusty bread for dipping.

Breakfast

Blueberry Beauty Porridge

For The Porridge

- 4 x heaped dessertspoons of porridge oats
- Sugar-free nut milk
- Fresh or frozen blueberries
- Half a ripe banana
- 1 x dessertspoon of pumpkin seeds

Method

1. Make your porridge from 4 x heaped dessert spoons of porridge oats and nut milk to desired consistency.
2. Add a large handful of fresh or frozen blueberries, half a pre-mashed ripe banana and top with raw pumpkin seeds.

Lunch

Portion of Black Bean Soup and 1 x Chocolate And Walnut Bar.



Dinner

Serves 2

Roasted vegetables with quinoa and pumpkin seeds

Make enough veggies for tomorrows lunch

For TheVeg

- Mixed veg of choice (beetroot, parsnip, red and white onions, swede, turnip, carrots, butternut squash, bell peppers). You want enough to fill a large roasting pan
- Head of broccoli cut into florets
- Whole bulb of garlic
- Mixed herbs and spices of choice (rosemary, thyme, paprika, salt and pepper are a good combo)
- Balsamic vinegar
- 1/2 cup of vegetable stock
- 1 x tablespoon of coconut oil (optional)
- Handful of pumpkin seeds
- 1 x cup of dried quinoa



Method

1. Heat oven to 180 C (or medium oven).
2. Chop all your veggies into about 1 inch cube sizes.
3. De-clove your garlic bulb and crush each individual clove under a heavy knife (there is no need to peel).
4. Heat oil in the oven pan then add all your veggies (including garlic) apart from peppers and broccoli (these don't take as long to cook). If not using oil then just add stock. Cover your veggies in a good mix of your herbs, spices and a generous splash of balsamic vinegar. Make sure everything is well coated.
5. Bake for roughly 40-60 minutes, turning occasionally and adjusting spices if you need to. You may need to add your stock to stop things getting too dry. Don't forget to add your peppers and broccoli half way through!
6. In the meantime, cook your quinoa as per packet instructions. I like to cook with a teaspoon of vegetable bouillon for extra flavour.
7. Serve your roasted veggies on a bed of quinoa and topped with pumpkin seeds.

Breakfast

Sourdough, Banana and Nut Butter

Method

Toast 1 x thick slice of sourdough or granary bread and top with 1 x large tbsp of peanut butter and 1 x sliced banana.

Lunch

Roasted Veggie and Hummus Wrap

Method

Make a tortilla wrap from last night's left over vegetables, 1 x tablespoon of hummus and lots of rocket. You can use either bread of your choice or a wrap.



Dinner

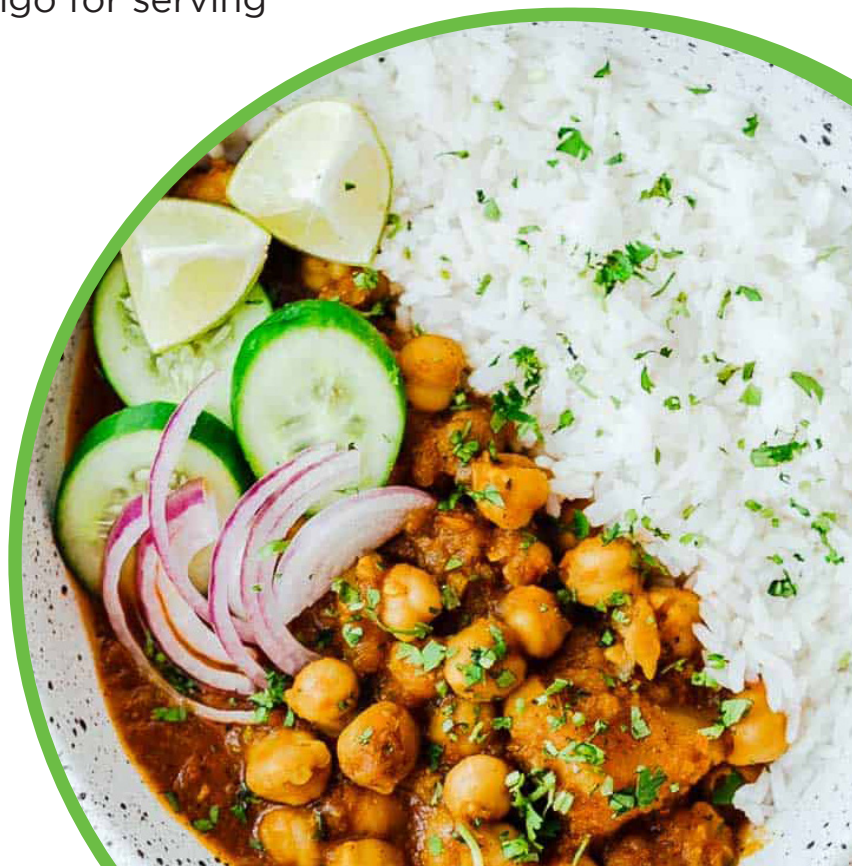
Serves 4

Chana Masala and Red Pepper

Make enough for tomorrow's lunch

Method

- 1 x white onion
- 2 x 400g cans of chickpeas, drained
- 1 x 400g can of chopped tomatoes
- 1 x red bell pepper
- 4-5 cloves of crushed garlic
- 1 x inch of grated ginger
- 1 x tbsp of curry powder (or garam masala)
- About 10 x crushed cardamom pods
- Salt and pepper
- 1 x tsp turmeric powder
- 1 x tsp of dried coriander leaf
- 1 x sliced chili pepper or flakes
- 2 x tsp of brown or coconut sugar
- Fresh coriander (optional)
- Brown rice and chopped mango for serving



Method

1. Fry 1 sliced onion and 1 chopped red bell pepper in a little oil until softened.
2. Add crushed garlic, sliced chili pepper, grated ginger and fry a little more. You can add water to prevent sticking if you don't want to use too much fat.
3. Add your spices of curry powder (or garam masala), crushed cardamom pods (don't use the pod, just the seeds crushed), salt, pepper, turmeric powder and dried coriander leaf. Dry fry for 1 minute.
4. Add 1 x can of chopped tomatoes, 2 x cans of drained chickpeas and about 2 x tsp of brown or coconut sugar (you will need to taste it to get this part right).
5. Simmer for a further 10 minutes, covered.
6. Add fresh coriander right before serving if using.
7. Serve with brown rice and chopped mango.

Week Seven

Day Five

62

Breakfast

***Chocolate And Walnut Energy Bar
and a Piece of Fruit***

Lunch

Chana Masala and Rice

Dinner

Serves 6

Burritos and Sweet Potato Fries

Make enough burritos for tomorrow's lunch

For The Burritos

- 6 x warm tortillas of your choice
- 2 x cans of fat free refried beans
- Salsa to taste
- A little olive oil
- Sliced red bell pepper
- 2 x cups of brown rice or quinoa
- Guacamole or chopped avocado for serving
- 3 x sweet potatoes
- Coconut oil

Method

1. Pre-heat your oven to 190C (375F) and add a pan with 1-2 teaspoons of coconut oil.
2. Wash your sweet potatoes thoroughly and slice into thin fries leaving the skins on for extra fibre and chewiness (about 1cm thick).
3. Add to your hot oil with seasoning and place in oven on middle shelf.
4. Warm your refried beans in a pan just to soften and make them easier to work with.
5. Place your tortillas on a work surface. Spoon your beans into a 'log' just off the centre. Top with your rice or quinoa, salsa and sliced bell pepper. Do not add your avocado.
6. Starting from the edge closest to you, tightly wrap the tortilla over the filling to seal, tuck the sides in and continue rolling. If you find this hard to get right from it just being written down, then there are lots of videos on Youtube to help you out.
7. Place on a baking sheet, brush with oil and bake for 15 minutes until golden.
8. Serve with your sweet potato fries and avocado (you may wish to re-open the burrito to add your avocado).
9. Leave your spare burritos to cool, then wrap tightly in tin foil ready for lunch (again, you can add your avocado before you wrap).

Week Seven

Day Six

64

Breakfast

Homemade Granola with Plant Milk, topped with chopped fresh fruit of choice.

Lunch

Burritos from last night's dinner

Dinner

Buckwheat and Cashew Stir-fry

Serves as many as you like depending on how many veggies you use



For The Stir-Fry

- Pre-cooked buckwheat or soba noodles. Cook the amount of servings you need, then leave blanched in cold water so they don't stick together.
- Selection of fresh sliced vegetables including onions, peppers, courgette, carrot, mushrooms, broccoli, cabbage and beansprouts
- 2-3 cloves of crushed garlic
- Black pepper (you won't need to add salt to this dish as the tamari is very salty)
- Chili flakes or fresh
- Ginger powder or fresh
- Tamari sauce
- Sliced spring onions (for topping)
- Small handful of chopped cashews per portion
- Tsp of coconut, peanut or sesame oil (optional). If you don't use oil then you will need some vegetable broth/water instead

Method

1. Heat in a large pan (or ideally a wok) your coconut oil or cooking liquid and a good splash of tamari sauce (don't let it burn).
2. Add all your veggies (except spring onions) and spices.
3. Flash fry for 3-5 minutes depending on how crunchy you like your vegetables (it works out better to only cook 1-2 portions at a time for more even cooking).
4. Mix in your noodles 1 minute before end of cooking time; add more tamari to taste.
5. Serve with your chopped cashew nuts and spring onions on top, plus another splash of tamari if you need it.

Breakfast

Chocolate Peanut Butter Shake

Sunday Lunch

Serves 4

Sausage and Bean Casserole

For The Casserole

- Packet of 6 vegan sausages of choice
- 2-3 x large onions cut into big chunks
- 3-4 carrots sliced thickly
- 2 x 400g cans of cannellini beans
- 1.5 x cans of chopped tomatoes
- Fresh or dried herbs of thyme, rosemary, 15 juniper berries, bay leaf, pepper.
- 2-3 cloves of crushed garlic
- Good splash of mushroom ketchup or vegan Worcestershire sauce
- 1 x tsp paprika
- About 400ml of vegetable stock OR to desired consistency
- A tsp of olive or coconut oil (or stock/ water for oil-free)
- Green peas and broccoli for serving

Method

Make this in a casserole dish or slow cooker. If using a casserole dish then pre-heat oven to 170C (340F). Slow cooker will need 3-4 hours usually, but this will depend on your slow cooker.

1. Fry your sausages in a pan until brown on all sides.
2. Heat a large frying pan with your oil or water/stock.
3. Add you chopped onions and carrots and flash fry to slightly caramelise for 3-4 minutes along with any dried herbs.
4. Chop your sausages into 6 pieces each.
5. Transfer ALL ingredients to you cooking dish of choice, mix gently once, then leave to slow cook for 1 hour if using oven.
6. Serve with green peas and broccoli.

Dinner

Vegan Cheese, Avocado and Spinach Toastie

Use sliced tomato instead of cheese if you like.

Method

1. Make in a Breville maker, a frying pan, or simply toast your bread in a toaster and add fillings whilst still very hot.

Week Eight

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Week Eight Shopping List

69

DRIED GRAINS AND PULSES – Oats, pumpernickel or rye bread, dried yellow split peas, arrowroot, green lentils, chickpea or buckwheat pasta, sourdough bread (go for wholegrain, spelt or rye if possible), ramen noodles (buckwheat are the highest protein). Pack of quinoa.

DRIED SPICES – Turmeric, curry powder (whatever strength you prefer), cardamom pods, coriander leaf, oregano, basil, thyme, rosemary, ginger, cinnamon.

NUTS AND SEEDS – Walnuts, pecans, desiccated coconut or flakes, sesame seeds.

CANNED GOODS – 4 x cans of chickpeas, low-fat coconut milk, 4 x chopped tomatoes, 3 x cannellini beans, 1 x butter beans, 1 x borlotti beans, 1 x small tin of sweetcorn, 2 cans green lentils.

FRESH VEGETABLES – Large lettuce or bag of mixed salad leaves, cherry tomatoes, 2 x avocados, 2 x lemon, 4 x white onions, bag of carrots, 5 x large, white potatoes, celery, 4 x bulbs of garlic, 2 x large, sweet potatoes, bunch of radishes, fresh parsley (not needed until day 6), romaine lettuce (not needed until day 6), 1 x large, red onion, 1 x cucumber, 2 x red bell pepper, 1 x yellow bell pepper, small piece of fresh ginger, 2 x medium courgettes (zucchini), bunch of spring onions, green cabbage, 1 x bag of beansprouts (not needed until day 7), 1 x green cabbage, 1 x tomato, fresh coriander and fresh chives.

FRESH FRUIT – Punnet of strawberries, 1 x bunch of bananas, 1 x pineapple, 1 x lemon

FROZEN GOODS – Green peas, bag of blueberries

MISCELLANEOUS – Coconut oil, nut butter, maple syrup, 100g bar of dark chocolate (85% cacao), tahini, small tub of olives, apple cider vinegar, balsamic vinegar, vegetable stock cubes or bouillon powder, tamari sauce, coconut or brown sugar, tube of tomato paste, vegan cheese (optional).), 1 x block of firm original tofu, wholewheat/corn/lentil or sweet potato wraps.

Things To Prep

Serves 6

Sweet Potato And Quinoa Breakfast Bites

For The Bites

- 1 x medium sweet potato, grated raw (about 300g)
- 1 x cup of white quinoa
- 1-2 tsp of cinnamon powder (optional)
- 1/2 tsp of turmeric powder
- A pinch of cayenne pepper (optional)
- A grind of salt
- 1/2 tsp baking powder

Method

1. Soak your quinoa in warm water for 20 minutes.
2. Heat oven to 180C (350F).
3. Drain your quinoa and add it, along with all your ingredients (apart from the sweet potato) into a food processor or blender and whizz until well combined.
4. Add to your grated sweet potato, then mix by hand in a mixing bowl until well combined.
5. Press into a 10-12" squared pre-lined baking tray and bake for around 45 mins to 1 hour until your sweet potato is cooked properly.
6. Leave to cool, then cut into 6 slices. Store in an air-tight container in the fridge.

Breakfast

Sweet Potato And Quinoa Breakfast Bites

Lunch

Loaded Salad

For the salad

1. Toss together a large mixed salad, tomatoes, avocado and 1/2 a small can of sweetcorn, olives, chopped avocado. Dressing of lemon, apple cider vinegar and balsamic vinegar.
2. Serve with pumpernickel or rye bread thinly spread with vegan butter (optional).



Dinner

Serves 4

Creamy Vegetable Stew with Green and Split Peas and Crusty Roll

Make enough for tomorrow's lunch

For The Stew

- 1 cups of frozen green peas
- 2/3 rds of a cup of dried yellow split peas
- 1 x chopped onion
- 3 chopped carrots
- 4 chopped potatoes
- 2 sticks chopped celery
- 1x large tbsp thyme
- 1x large tbsp of rosemary
- 1x large tbsp of oregano
- 1/4 tsp of chili flakes
- 1/2 tsp of smoked paprika
- Good crack of black pepper
- 4 x cloves of fresh garlic minced
- 1/2 cup of low-fat coconut cream from a can (save the rest for tomorrow's smoothie)
- 1 x large tbsp of arrowroot or some other thickening agent
- 3 x cups of vegetable stock
- 1 x extra cup of stock for later in the recipe
- 1 x tsp of coconut or olive oil for frying (optional)
- Crusty roll, rye bread, or wholegrain muffin to serve.

Method

1. Start by cooking your yellow split peas in salted water as per packet instructions.
2. In the meantime, fry your chopped onion in a large non-stick pan for a couple of minutes in the oil or water if desired.
3. Add all your chopped veggies (not the green peas), garlic, pepper and all herbs and fry for a further 5 minutes stirring continuously.
4. Add your stock and bring to the boil, let it simmer for 5 minutes then add your frozen peas.
5. Cover and simmer for about 15 minutes until veg is tender.
6. In the mean-time mix your coconut cream with the arrowroot and add to your vegetables at the end of cooking time, along with your extra stock and cooked yellow split peas.
7. Bring up to temperature and check herbs for flavour. Add more water if you would like it thinner, but to fill you up you want a thick stew consistency.
8. Serve with crusty roll of your choice

Breakfast

Turmeric, Pineapple and Coconut Nice-cream with Chocolate Chips and Nuts

For The Nice-Cream

- 2 x thick rings (cut into chunks) of fresh pineapple pre-frozen
- 1 x teaspoon of turmeric powder
- 1 x sliced and pre-frozen ripe banana
- 1/4 tin of low-fat coconut cream and maybe a little water to desired consistency
- 2 x squares of 85% cacao chocolate chopped into chips
- A very small handful of chopped nuts (pistachios work well)

Method

1. Blast in your blender all the ingredients except your chocolate and nuts to a thick ice-cream texture. Add your fluids slowly so it doesn't end up too runny.
2. Top with your nuts and seeds and eat immediately (this does not re-freeze well).

Lunch

Last night's left over stew with sourdough bread or toast.

Dinner

Serves 4

Lentil Curry

Make enough for tomorrow's lunch

For The Masala

- 1 x white onion
- 2 x cans of green lentils, drained
- 1 x can of chopped tomatoes
- 1 x red bell pepper
- 4-5 cloves of crushed garlic
- 1inch of grated ginger
- 1 x tbsp of curry powder (or garam masala)
- About 10 crushed cardamom pods
- Salt and pepper
- 1 x tsp turmeric powder
- 1 x tsp of dried coriander leaf
- 1 x sliced chili pepper or flakes
- 2 x tsp of brown or coconut sugar
- Fresh coriander (optional)
- Brown rice and steamed broccoli for serving

Method

1. Fry 1 sliced onion and 1 chopped red bell pepper in a little oil until softened.
2. Add crushed garlic, sliced chili pepper, grated ginger and fry a little more. You can add water to prevent sticking if you don't want to use too much fat.
3. Add your spices of curry powder (or garam masala), crushed cardamom pods (don't use the pod, just the seeds, crushed), salt, pepper, turmeric powder and dried coriander leaf. Dry fry for 1 minute.
4. Add 1 x can of chopped tomatoes, 2 x cans of drained green lentils, and about 2 x tsp of brown or coconut sugar (you will need to taste it to get this part right).
5. Simmer for a further 10 minutes, covered.
6. Add fresh coriander right before serving if using, and serve with brown rice and lots of steamed broccoli.

Week Eight Day Three

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Breakfast

Sweet Potato And Quinoa Breakfast Bites

Lunch

Left over Lentil Curry and Jacket Potato

Dinner

Serves 4

***Hearty Minestone soup with crusty whole
grain roll or sourdough***

Save enough for Friday's lunch

For The Soup

- 1 x carrot chopped into cubes
- 1 x courgette chopped into cubes
- 8 x cloves of crushed garlic
- Bunch of spring onions (or one normal onion)
- 1 x yellow bell pepper cut into cubes
- 1 x red bell pepper cut into cubes
- 2 x 400g cans of chopped tinned tomatoes
- 1 x cup of halved cherry tomatoes
- 2 x 400g cans of cannellini beans
- 2 x cups of high protein pasta such as buckwheat, lentil or chickpea
- 6-8 cups of vegetable stock (or enough to cover ingredients, you may have to add a little more as you go)
- 1 x tbsp of tomato puree
- 2 x tsp of oregano
- 1 x tsp of basil
- 2 x tsp of thyme
- Chili flakes to taste
- Ground black pepper to taste
- Olive oil for cooking

Method

1. Make sure you use a BIG non-stick pot for this! Drizzle 1-2 tbsp of olive oil in your pot (or a little water or stock if you are oil-free) and heat.
2. Add your carrots, onion and garlic and let them soften for a couple of minutes.
3. Chop your cherry tomatoes in the meantime and add them when ready.
4. Add all herbs and pepper and fry for a further minute.
5. Put the kettle on and get your stock ready to go.
6. Add your tinned tomatoes, tomato puree and cannellini beans.
7. Now add your stock and pasta and let your pasta almost cook before you add your chopped peppers and courgette (you only want these cooking for about 3 minutes to keep them al dente).
8. Dish up with extra herbs on top if you like, and serve with warm crusty bread.

Breakfast

Serves 1

Raw Strawberry Crumble

For The Crumble

- 1 x small punnet of strawberries (you can add or use blueberries/ raspberries too)
- 1 x small handful of walnuts or pecans
- 1 x tablespoon of desiccated coconut
- Pinch each of dried ginger and cinnamon
- 1 x teaspoon of maple syrup (optional, depending on how dry your crumble is)

Method

1. Slice your strawberries and lay out on a plate or bowl.
2. 'Mix all your ingredients in a food processor until crumbles. You want it to be slightly sticking together. If it doesn't clump, add a tiny drizzle of maple syrup
3. Sprinkle over your strawberries and enjoy!

Lunch

Sourdough, Tortilla Wrap or Granary Sandwich of Sliced Tomato, Cucumber and Avocado.

Salt and pepper, pinch of cayenne to taste.

Dinner

Serves 2

Chinese Take - Away Style Stir-Fry

Method

- 1/2 a large round green cabbage, or on whole small
- 1 x white onion
- 1-2 tsp of coconut oil
- 1 x large carrot
- 1 x courgette
- A couple of handfuls of beansprouts
- 1 x tablespoon of sesame seeds
- Brown rice noodles or buckwheat ramen
- 4 x sliced spring onions
- 5-6 cloves of crushed garlic
- Tamari sauce
- Chili flakes to taste
- 1 x tsp ginger powder
- Black pepper



Method

1. Very thinly slice all of your vegetables.
2. Get your noodles pre-cooked.
3. Heat you oil and about 2 x tbsp of tamari in a wok or large frying pan.
4. Add your onion and cabbage and cook down (if you wash your cabbage first then make sure it is'nt soaking wet before you add it to the pan). The idea is you want you cabbage well-cooked, even maybe slightly browned in parts for the taste.
5. Next add all your other veggies (apart from spring onion), spices and garlic and stir-fry, stirring continuously for about 5 minutes. You may need to add a dash of water or more tamari as you don't want it too dry.
6. Add noodles last minute and stir in.
7. Serve with more tamari, sesame seeds and sliced spring onion.

Breakfast

Homemade Granola, topped with chopped fruit and plant milk

Lunch

Leftover Minestrone soup and 1 x slice of bread OR homemade tortilla chips.

Made from a tortilla wrap sliced into triangles and baked until crisp



Dinner

Serves 3-4

Shepherdless Pie and Broccoli

Save enough for tomorrow's lunch

For The Shepherdless Pie

- 1/2 cup of uncooked green lentils, or 1 cup of cooked
- 2 x large sweet potatoes
- 1 x tsp coconut oil
- 1 x white onion
- 3 x cloves of crushed garlic
- 1 x finely grated carrot
- 1 x tsp smoked paprika
- 1 x tsp normal paprika
- Chili flakes to taste
- Cracked black pepper
- 1 x tsp vegetable bouillon powder
- 1 x tbsp tomato puree
- 1 x tin of chopped tomatoes
- 1/2 cup of frozen peas



Method

1. Cook your lentils as per packet instructions.
2. Pre-heat oven to 200C (390F)
3. Chop your sweet potatoes into inch squares and boil in salted water until tender. You can also steam them which may help stop them breaking up, then mash.
4. In the meantime, fry your onion and garlic in a pan with your oil (or water) until tender.
5. Add your grated carrot and cook for a further couple of minutes.
6. Stir in your spices, vegetable bouillon and tomato puree and cook for another 2 minutes.
7. Next add your lentils, tomatoes and peas and cook for 5 minutes on a medium heat.
8. Transfer your mix to an oven proof dish and spread your sweet potato over the top, making lines on it with a fork.
9. Bake for 10-15 minutes until your potato starts to golden, and serve with a big helping of steamed broccoli and other veggies if you prefer.

Breakfast

Tofu Scramble

For the Scramble

- 200g of firm block tofu
- Veggies of choice (spinach, peas, bell peppers, onions, sweetcorn all work well)
- 1/2 tsp of turmeric for egg colour
- Salt and pepper to taste

Method

1. Drain your tofu and place on a chopping board. Mash with a potato masher.
2. Fry in a tiny bit of oil your veggies (except spinach if using) until tender.
3. Add your tofu and spices and cook out for about 5 minutes, stirring continuously.
4. Serve on an optional piece of toast.



Lunch

Last Night's Shepherdess Pie

Dinner

Serves 2

Californian Rainbow Salad with Crispy Potatoes

For The Salad

- 1/2 block of smoked tofu (you can freeze the rest for another occasion)
- 1/2 head of torn Romaine lettuce
- 1 x cup of drained chickpeas
- Handful of sliced radishes
- 1 x shredded carrot
- 1/4 cup of fresh chopped chives
- 1/4 cup of fresh chopped parsley
- 2-3 medium sized, white potatoes
- 1 x tbsp of gluten free or plain flour
- Salt
- 1 x tsp paprika
- 1/2 tsp garlic powder
- 1 x lemon

For The Sauce

- 1/2 cup of tahini
- A little less than a cup of warm water
- Squeeze of lemon juice
- 1/4 tsp of garlic powder
- Salt and pepper to taste

Method

1. Heat oven to 180C (350f).
2. Peel and chop your potatoes into 1 inch cubes and boil in salted water until almost cooked (but not falling apart).
3. Drain them and put back into your saucepan, then add you flour, salt, paprika and garlic powder (or whatever spices you prefer).
4. Coat your potatoes in your floury mix, if they can take a shaking then this will help ruff up the edges for roasting.
5. Place on a parcment paper lined baking tray and bake for 20-30 minutes until desired crispiness.
6. In the meantime, prepare your salad by layering all your veggies and chickpeas in a large bowl.
7. Make your dressing by whisking all ingredients until creamy in a bowl with whisk or fork. Add the water slowly to desired consistency.
8. Drizzel over you salad and serve with your crispy potatoes on the side.

Breakfast

Blueberry Smoothie Bowl

For The Smoothie

- 1 x cup of frozen blueberries
- 1 x frozen, pre-sliced banana
- 1 x tbsp of dessicated coconut
- 4 x chopped walnut halves
- 1 x tsp of chia seeds
- A little plant milk
- Another chopped fruit of your choice

Method

1. Whizz up your banana, blueberries and plant milk, but keep it really thick.
2. Add to a flat bowl and sprinkle on your topping and fruit.
3. Eat immediately!

Sunday Lunch

Serves 4

Smokey Bean Casserole

Save enough for tomorrow's lunch



For The Casserole

- 2 x 400g cans of borlotti, canellini OR butter beans, drained and rinsed
- 6 -8 smallish potatoes (if new then leave skins on, chopped into 1.5 inch pieces)
- 1 x large red onion, chunkily chopped
- 1.5 x cans of tinned tomatoes
- 16 Chantenay carrots, or baby carrots
- 2 x tsp smoked paprika (hot smoked paprika if you like heat)
- 4 cloves of crushed garlic
- 2 x cups of vegetable stock
- 1 x tbsp of mushroom ketchup (optional)
- 2 x handfuls of baby spinach

Method

1. Add all your ingredients (except the spinach) into either a big saucepan where you can simmer on low heat, covered, OR use an oven dish (cook at 180C/ 350F), OR a slow cooker (slow cooker recommended) and cook until veggies are tender. If you are using a saucepan or oven dish this will take around 1 hr. If using a slow cooker then around 4-5 hours depending on your setting and individual slow cooker.
2. Add your spinach during the last 10 minutes of cooking time. Make sure it has been washed and patted dry with a clean dishcloth, otherwise it may make your stew to watery.
3. Before serving, adjust flavourings, and thicken with cornflour mixed in a little water, or vegan gravy powder (only if it needs it).
4. Serve with optional crusty bread.

Dinner

Vegan Cheese, Avocado and Spinach Toastie

Method

1. Make in a Breville maker, a frying pan, or simply toast your bread in a toaster and add fillings whilst still very hot (use sliced tomato instead of cheese if you like).



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